

The following information pertains to Army physical fitness training and testing and was extracted from AR 350-1, Army Training and Education, 9 April 2003 and consolidated for ease of use. AR 350-1 consolidates and supercedes AR 350-41, Chapter 9 and incorporates changes directed by previous interim changes and messages.

1–21. Army Physical Fitness Training Program

a. The objective of the Army Physical Fitness Training Program is to enhance combat readiness by developing and sustaining a high level of physical fitness in soldiers as measured by:

- (1) Cardiorespiratory endurance.
- (2) Muscular strength and endurance.
- (3) Flexibility.
- (4) Body composition standards as prescribed by AR 600–9.
- (5) Motor efficiency (coordination, agility, balance, posture, speed, power, and kinesthetic awareness).
- (6) Anaerobic conditioning.
- (7) Competitive spirit, the will to win, and unit cohesion.
- (8) Self-discipline.
- (9) A healthy lifestyle that includes good nutrition, excludes smoking, and avoids misuse of alcohol and drugs.
- (10) The ability to cope with all types of stress.

b. The physical fitness policy applies Army-wide. It includes all soldiers, functional branches, units, and operating agencies. Physical fitness provides a foundation for combat readiness and must be an integral part of every soldier's life. Unit readiness begins with the physical fitness of soldiers and the NCOs and officers who lead them.

(1) Commanders and supervisors will establish physical fitness programs consistent with this regulation, FM 21–20, and unit missions. Exercise periods will be conducted with sufficient intensity, frequency, and duration to maintain adequate cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.

(2) Soldiers must meet the physical fitness standards set forth in FM 21–20 and this regulation. Soldiers who are unable to meet these standards or the mission-related physical fitness standards required of their duty assignment may be subject to administrative action.

c. Personnel in the active Army, ARNG, and USAR will take part in either collective or individual physical fitness training programs year-round. Active Army units, individuals, and RC soldiers on active duty will conduct regularly scheduled (at least three to five times per week), vigorous physical fitness training during the unit's normal duty day as determined by the commander.

(1) Commanders of ARNG and USAR units incorporate mission and battle-focused physical fitness training into appropriate inactive duty training periods.

(2) Personnel will be excused from physical fitness training only during periods of temporary or permanent medical limitations established in accordance with AR 40–501.

(3) Personnel who cannot take part in physical fitness training because of a profile condition will be placed in rehabilitative programs and, within profile guidelines given by health care personnel, be supervised by the commander.

(4) Soldiers age 40 and over will be evaluated for coronary heart disease risk factors as part of their periodic physical examination. The medical procedures for the cardiovascular screening program (CVSP) are outlined in AR 40–501. It is the soldier's responsibility to ensure that the CVSP is conducted as close to the 40th birthday as possible and as promptly as medical facilities permit.

(5) All soldiers centrally selected for command positions and Command Sergeants Major (CSM) designees, regardless of age, must have a CVSP, meet body composition standards set forth in AR 600–9, and pass the Army Physical Fitness Test (APFT) or an alternate before assuming command or assignment to a CSM position. A CVSP clearance granted during the soldier's last periodic physical examination is sufficient to meet the CVSP requirement.

d. Physical fitness standards are developed by TRADOC and approved by HQDA, DCS, G–3. The APFT provides a measure of cardiorespiratory and upper and lower body muscular endurance. It is a performance test that indicates a soldier's ability to perform physically and handle his or her own body weight. Standards are adjusted for age and physiological differences between men and women. The APFT consists of push-ups, sit-ups, and a 2-mile run, done in that order on the same day. (See repetition and time guidelines in FM 21–20.) For soldiers on a permanent profile, a record test must include an aerobic event. The only approved aerobic events are the 2-mile run, 800-yard swim, 6.2-mile bike ride (stationary or track), or the 2.5-mile walk. Testing is prescribed for all soldiers as follows:

(1) The APFT provides an assessment of the physical fitness training program. Physical conditioning or training periods solely devoted toward meeting APFT requirements are discouraged.

(2) Commanders may administer the APFT as often as they wish; however, they must specify beforehand when the results are for record. The Active Army, Active Guard/Reserve (AGR), and USAR Troop Program Unit (TPU) soldiers will take the APFT at least twice each calendar year. A minimum of 4 months will separate record tests if only two record tests are given. The intent is for the Active Army, the AGR, and USAR TPU soldiers to take a record APFT every 6 months. Mission requirements often prevent the even spacing of record tests. Therefore, commanders are encouraged to test soldiers for record as close to the record test window as possible.

(3) Soldiers in the ARNG TPUs will take the APFT at least once each calendar year. A minimum of 8 months will

separate record tests if only one test is given. Soldiers that require makeup testing or re-testing for an APFT failure are exempt from the 8-months rule. Soldiers requiring makeup testing will be scheduled in accordance with the unit Standard Operating Procedures (SOP). Soldiers requiring retesting for an APFT failure will be scheduled as prescribed in para 1-21d(5) of this regulation

(4) Personnel with permanent medical profiles that preclude participation in the pushup or situp event will take the remaining events if a physician or physician's assistant approves. The 2-mile run event, or an approved alternate test event as outlined in FM 21-20, must be taken if the test is for record. The alternate test is for soldiers with permanent physical profiles that prevent them from running 2 miles. Soldiers with temporary profiles of long duration (more than 3 months) may also take an alternate test if approved by the commander and health care personnel. Soldiers must be given 3 months to prepare for the alternate test from either the date of the profile or the date recommended by health care personnel.

(5) Soldiers who fail a record APFT for the first time or fail to take a record APFT within the required period will be flagged in accordance with AR 600-8-2. In the event of a record test failure, commanders may allow soldiers to retake the test as soon as the soldier and the commander feel the soldier is ready. Soldiers without a medical profile will be retested no later than 90 days following the initial APFT failure. Reserve component soldiers not on active duty and without a medical profile will be tested no later than 180 days following the initial APFT failure.

(6) Personnel who initially fail the CVSP and are subsequently cleared will have no more than 179 days of conditioning before retaking a record APFT.

(7) All soldiers must attain a score of at least 60 points on each test event or receive a "GO" on the alternate aerobic events. If a soldier does not attain a minimum of 60 points in each event or a "GO" on an alternate aerobic event, the soldier is an event failure. When a soldier fails one or more events, the soldier is a test failure. Exceptions are listed below:

(a) Soldiers in basic training must attain 50 points on each event or a score as determined by HQDA, DCS, G-3, in coordination with TRADOC. (This exception does not apply to advanced individual training (AIT), one station unit training (OSUT), or leader development schools.)

(b) Soldiers awaiting IET may be tested, but no formal record of their score will be maintained.

(8) Soldiers in IET will be tested near the end of the course to qualify for completion of basic training, AIT, and OSUT.

(9) Soldiers in joint, North Atlantic Treaty Organization (NATO), Office of the Secretary of Defense, and other staff assignments will take the APFT. The senior Army soldier in the organization will ensure the APFT is conducted and scores are included in records and performance reports.

(10) Individual Mobilization Augmentee (IMA) and Individual Ready Reserve (IRR) soldiers who are on tours of AT, active duty training, or active duty special work will take the APFT when they are placed on tours of duty for 12 or more consecutive calendar days. No APFT will be administered during those years in which an IMA and IRR soldier does not serve an active duty tour. Those who fail the test will be retested in accordance with the provisions of para 1-21d(5). Reserve Component soldiers assigned or attached to active Army units and organizations for 30 consecutive days or more will follow the physical fitness program for that unit or organization.

(11) The TRADOC recommends physical fitness standards for entry into Ranger and Airborne training and into other schools having separate physical fitness standards. The U.S. Army Special Operations Command (USASOC), in conjunction with TRADOC, sets the fitness standards for entry into Special Forces training. The HQDA, ODCS, G-3, reviews and approves these standards.

e. Field Manual 21-20 provides guidance for preventing injuries during physical training.

(1) Trainers will be alert to symptoms indicating that a soldier's endurance limits have been reached or exceeded, or a serious medical condition exists.

(2) If a trainer detects any symptoms, exercises will be stopped, and the soldier immediately referred for medical evaluation.

(3) Training intensity should be increased slowly so that the body can adapt to more strenuous training.

(4) Environmental considerations, particularly weather and altitude, are important in planning physical training programs.

(5) If a soldier fails to meet the physical fitness standards in FM 21-20, the unit commander will remove the soldier from parachute, diving, or flight crew status. This action will be taken to ensure the safety of that soldier and other unit members.

f. Policy governing military physical fitness standards during institutional training is contained in chapter 3. Guidance concerning physical fitness training in units is provided in chapter 4.

3–9. Physical fitness and height and weight requirements for military institutional training

Policy governing the Army Physical Fitness Program is in chapter 1. Chapter 4 provides guidance for physical fitness training in units. This paragraph provides policy concerning physical fitness and height and weight standards applicable to institutional training.

a. Soldiers attending institutional training courses must meet the height and weight standards in AR 600–9 and the physical fitness standards of this regulation.

b. Within 72 hours of enrollment, soldiers must take and pass a APFT (standard or approved alternate) administered at the schools for the following functional and professional development courses: PLDC, BNCOC, ANCOG, (for RC BNCOC/ANCOG Phase I Common Leader Training only), BSNCOG, FSC, Sergeants Major Non Resident Course, CSMC, WOCS, WOAC, WOSC, and OCS. Soldiers enrolling in WOCS or OCS must take and pass the standard threeevent APFT as an enrollment requirement; the alternate APFT is not authorized. Soldiers failing this initial APFT will be considered ineligible for enrollment in OCS and WOCS training. For OCS, soldiers will be allowed one retest with a subsequent class. Soldiers failing the second APFT will be considered ineligible and must reapply for OCS selection. For WOCS, one retest will be provided within 7 days after the failure. Soldiers failing the retest will be considered disqualified for enrollment and will receive a nonacademic dismissal for failure to meet APFT standards.

c. The CG, TRADOC, will recommend physical fitness standards for entry into drill sergeant, airborne, and ranger courses; Special Forces assessment and selection, and other schools requiring separate physical fitness standards to HQDA, ODCS, G–3, for review and approval. Soldiers who fail to meet these standards will be denied enrollment and returned to their unit of assignment.

d. Soldiers attending other professional development courses not mentioned in paragraph 3–8*b* of this regulation, in either a PCS or TDY status (for example: the SMC, CCC, CGSC, USAWC, and any other resident courses 8 weeks or longer) must take and pass the APFT to graduate. This includes RC in AT, ADT, and/or IDT status. Those who fail to pass the standard or approved alternate APFT will not graduate. Other courses and all resident courses not mentioned that are fewer than 8 weeks may require passing the APFT for graduation with HQDA, ODCS, G–3 (DAMO-TR), approval. The APFT requirement is waived for personnel whose profile prevents them from taking the APFT or alternate APFT during the course (for example, pregnant soldiers). The requirements outlined in paragraph 3–8*b* and this paragraph do not apply to schools conducting MOS reclassification courses. The MOS reclassification courses are designed for reclassification purposes only and have non-MOS specific common core tasks deleted by the proponent. Soldiers attending reclassification courses have completed IET and do not need to repeat basic soldier training.

e. Members of other military departments must meet their service’s physical fitness standards when attending an Army course of instruction, except for specialized courses such as airborne, ranger, and Special Forces courses where they will be required to meet the same standard as soldiers attending those courses.

f. Physical fitness and weight standards do not apply to civilian personnel and foreign students. These students may participate in physical fitness programs on a voluntary basis. Failure to achieve the minimum passing score on the physical fitness test will not be noted on the academic report, but voluntary participation and passing test scores may be noted.

g. Personnel who do not meet height and weight standards are not authorized to attend professional development schools. Soldiers who do not meet fitness standards are not eligible to attend courses identified in paragraph 3–8*b*. Soldiers scheduled to attend professional development schools will be screened prior to departing their home stations or losing commands. The soldiers’ height and weight, the word “pass” if they are within standards, and the date of the last successful APFT will be recorded on their TDY orders or on their PCS packet. Soldiers who exceed established weight standards or who failed to achieve minimum passing standards on their last APFT will not be allowed to depart their command until the unit commander determines they meet height and weight and physical fitness standards.

h. When soldiers attend other professional development courses not mentioned in paragraph 3–8*b*, in either a PCS or TDY status (for example, SMC, CCC, CGSC, USAWC, and any other resident courses) school commandants and commanders will weight students prior to course enrollment. Students who exceed established body composition standards will not be enrolled and will be processed in accordance with AR 600–9 and paragraph 3–9 of this regulation.

i. Reserve Component soldiers attending training during the inactive duty phase will take the initial APFT within 72 hours of enrollment. If the soldier fails this initial APFT, then the soldier will be provided one retest not earlier than day six nor later than day seven of the POI after the initial APFT. If the soldier fails the retest, then the soldier will receive nonacademic dismissal for failure to meet APFT standards.

3–10. Enrollment denials for failure to meet height and weight requirements and nonacademic dismissal for failure to meet APFT standards

School commandants and commanders will take the following actions for soldiers denied enrollment for failing to meet height and weight standards and nonacademic dismissal for failure to meet APFT standards:

a. Active Army soldiers.

(1) Soldiers in TDY and return status will be returned immediately to their unit of assignment. Commandants and commanders will immediately send a memorandum to the soldier's unit commander that addresses the soldier's denied enrollment or nonacademic dismissal. The unit commander will initiate actions to include flagging and removing the soldier from HQDA selection lists and local order of merit lists, as applicable.

(2) Soldiers in a TDY enroute status will be attached to the installation pending clarification of assignment instructions for the follow-on assignment. The school commandant will notify PERSCOM of the soldier's ineligibility for schooling and request clarification of assignment instructions. The gaining unit commander will initiate actions to include flagging and removing the soldier from HQDA selection lists and local order of merit lists, as applicable. The losing command will reimburse the gaining command for all travel related costs incurred for the purpose of training in conjunction with a PCS.

(3) Soldiers in a PCS status will be attached to the installation pending assignment instructions. The school commandant or commander will notify PERSCOM of the soldier's ineligibility for training and request assignment instructions. The school commandant or commander will initiate actions to include flagging and removing the soldier from HQDA selection lists and local order of merit lists, as applicable.

b. Army National Guard.

(1) Title 32 and Title 10 AGR soldiers in TDY and return status will return to their home stations. School commandants and commanders will forward a memorandum addressing all Title 32 soldiers' enrollment denial or nonacademic dismissal to the Adjutants General of the states concerned. Commandants and commanders will forward a memorandum for Title 10 AGR soldiers, to the CNGB, ATTN: NGB-ARZ-T.

(2) Title 32 soldiers in a TDY enroute status will immediately return to their home stations. School commandants and commanders will forward a memorandum addressing the soldiers' enrollment denial or non-academic dismissal to the Adjutants General of the states concerned. Title 10 AGR soldiers will proceed to their next permanent duty station. School commandants and commanders will forward a memorandum to the CNGB, ATTN: NGB-ARP-T.

(3) Title 32 AGR soldiers in PCS status will return immediately to their home stations. School commandants and commanders will forward a memorandum addressing the soldiers' enrollment denial or non-academic dismissal to the Adjutants General of the states concerned. Title 10 AGR soldiers will be attached to the Office of the Senior ARNG Advisor at the installation pending receipt of assignment instructions from NGB-ARZ-T.

c. U.S. Army Reserve.

(1) Soldiers in TDY and return status will return to their home stations. School commandants and commanders will forward memorandums addressing enrollment denial or non-academic dismissal of USAR Title 10 AGR soldiers, to the Commander, ARPERSCOM, ATTN: ARPC-ARO (for officers) or ARPC-ARE (for enlisted soldiers) and to the first general officer in the soldier's chain of command. Commandants and commanders will forward a memorandum to the first general officer in the chain of command of USAR TPU soldiers. Commandants and commanders will forward the memorandum to the Commander, ARPERSCOM, ATTN: ARPC-OP (officers) or ARPC-EP (enlisted soldiers), for IMA and IRR soldiers.

(2) Those Title 10 AGR soldiers in a TDY en route status will proceed to their next permanent duty station. Commandants and commanders will forward a memorandum to the Commander, ARPERSCOM, ATTN: ARPC-ARO (officers) or ARPC-ARE (enlisted soldiers). In addition, commandants and commanders will immediately notify the soldier's gaining organization.

(3) Commandants and commanders will immediately report soldiers in PCS status who are denied enrollment to the Commander, ARPERSCOM, ATTN: ARPC-ARO (officers) or ARPC-ARE (enlisted soldiers), as available for assignment. Soldiers will be attached to the Office of the Senior USAR Advisor at the installation pending receipt of assignment instructions.

d. School commandants and commanders will report all Active Army, except JAGC and AMEDD, enrollment denials and removal actions electronically to Commander, PERSCOM, ATTN: TAPC-(appropriate career branch). Enrollment denials for JAGC and AMEDD courses will be reported to TJAG and TSG, respectively. Provide the following information for all denials:

- (1) Name and grade.
- (2) Social Security number.
- (3) Date of denial or removal.
- (4) A brief synopsis of the reason for denial or removal.

3–11. Physical profiles

a. Soldiers with temporary profiles that prevent full participation in a TDY course will be removed from school attendance consideration by their immediate commander until the temporary profile is removed.

b. Soldiers with a permanent designator of “2” in the physical profile must include a copy of DA Form 3349 (Physical Profile) as part of the course application. They will be eligible to attend appropriate courses and train within the limits of their profile provided they can meet course graduation requirements.

c. Soldiers with a permanent designator of “3” or “4” in their physical profile must include a copy of DA Form 3349 and the results of their Military Medical Review Board (MMRB) as part of the course application. Soldiers who have been before a MMRB, awarded medical limitations, and allowed to retain their occupational classification will be eligible to attend appropriate courses and train within the limits of their profile provided they can meet course graduation requirements.

d. Soldiers receiving temporary or permanent physical profiles limitations after enrolling in resident training courses will be evaluated by school commandants and commanders for continued enrollment. Soldiers who—

(1) Have met, or will be able to meet graduation requirements, will continue to be trained within the limits of their profile.

(2) Are unable to meet graduation requirements will be returned to their units and may, if eligible, be enrolled in a later course.

4–9. Army physical fitness training in units

Policy governing the Army Physical Fitness Training Program is in chapter 1 of this regulation. Chapter 3 provides guidance for physical fitness standards during institutional training. This paragraph provides policy concerning physical fitness standards for units.

a. Commanders will conduct physical fitness training programs that enhance soldiers’ abilities to complete soldier or leader tasks that support the unit’s METL.

(1) Preparation for the APFT is of secondary importance. Maintenance of the military skills listed below will also be emphasized.

(a) Agility, to include fast movement in enclosed spaces (sprinting and lateral movement).

(b) Balance and controlling fear of heights.

(c) Vaulting, jumping, and landing correctly.

(d) Forced marching with loads, to include cross-country movement.

(e) Strength development activities such as rope climbing, pull ups, and resistance exercises.

(f) Crawling.

(g) Negotiation of natural and man-made obstacles (confidence and obstacle courses).

(2) Commanders may establish unit APFT mission related goals which exceed Army minimum standards. However, individuals must be aware of these goals and be able to achieve them safely through the use of normal training time and adherence to the principles of conditioning outlined in FM 21–20. Personnel who meet Army minimum standards, but fail to meet unit goals, may not be punished or disciplined. However, they may be required to participate in special conditioning programs which focus on overcoming a weakness. Commanders who establish higher goals should do so because their unit missions require soldiers to be more than minimally fit. Like-units with identical missions (companies within battalions, battalions within brigades) should have similar standards. Care must be taken by the chain of command to ensure unit goals do not arbitrarily replace Army standards.

(3) Physical performance requirements are inherent in many tasks listed in the soldier’s manual for each MOS. The ability to perform MOS physical tasks is one of the criteria for graduation from IET. Soldiers in units must maintain physical fitness proficiency as part of their overall MOS proficiency.

(4) Special conditioning programs are appropriate for soldiers who have difficulty meeting unit goals or Army standards. Such programs will not be punitive; they must be designed to improve the fitness level of soldiers. Additional training sessions are not always a substitute for smart, tailored conditioning sessions and can lead to over training. Special conditioning programs will be designed to meet individual needs to overcome identified weaknesses (for example, aerobic or strength deficiency). In addition, they should encourage a healthy lifestyle.

(5) Special physical fitness programs will be tailored according to FM 21–20 and kept separate and distinct from the Army Body Composition and Weight Control Program, except for the exercise programs prescribed to assist soldiers with weight control problems. Commanders should avoid placing all soldiers that exceed body composition standards or have fitness problems in the same category with the expectation that more exercise will automatically result in decreased body composition and weight. Special programs will be employed for soldiers with physical fitness problems. Separate special programs or additional physical training is not always a solution to overcome identified weaknesses. Commanders are encouraged to place soldiers with special fitness needs into the regular unit fitness

program whenever possible. These programs will not be used to discipline soldiers who may have attitude problems toward physical exercise. Master fitness trainers will be tasked by the commander to develop special programs and monitor soldiers with special fitness requirements.

(6) Competitive, intramural sports programs should complement unit physical fitness programs and be used to build esprit de corps, teamwork, and morale. Unit sports activities, however, must be sufficiently rigorous to develop some of the physical fitness components outlined in paragraph 1–21a. of this regulation. They should not substitute for a formal program of physical conditioning.

(7) Any aerobic activity which results in soldiers maintaining their training heart rate as described in FM 21–20 for a minimum of 20 minutes, three to five times per week, is adequate to maintain cardiorespiratory fitness. The intensity of each cardiorespiratory exercise session should be adjusted based on the training objective for that session. Physical training aimed at improving a soldier's muscular strength and endurance should consist of multiple sets of timed exercises. Exercises should be continued until temporary muscle failure (until the individual cannot complete another correct repetition). Muscular strength and endurance sessions should work all major muscle groups of the body. Training sessions will be conducted a minimum of three times a week. Detailed guidance is provided in FM 21–20.

(8) Commanders should design and tailor programs according to the unit METL. Battle-focused physical training will be conducted to prepare soldiers to meet the physical demands of combat, stability operations, and support operations. FM 21–20 outlines types of programs for units with different missions. Running has always been regarded as one of the best aerobic activities. However, unless the running is balanced with strength, muscular endurance, and load-bearing exercises related to the unit mission, the program is inadequate.

(9) Physiological differences, as well as unit and individual missions, must be considered when designing programs involving soldiers of different gender. Despite the level of conditioning, cardiorespiratory and strength differences between men and women are significant. For example, women generally have to exert more effort to maintain the same pace or to do the same amount of work as men. Commanders will practice the principles outlined in FM 21–20 and apply them to maximize unit and individual soldier development. Soldiers who are pregnant or who are recovering from childbirth will not participate in unit physical fitness programs or the APFT. Pregnant soldiers are exempt from regular physical fitness training within the unit and APFT testing for the duration of the pregnancy and up to 180 days past pregnancy termination. Post-partum soldiers will be cleared by their physician's assistant prior to resuming physical fitness training or testing. Commanders are encouraged to enroll pregnant soldiers in the installation pregnancy fitness program. This program assists pregnant and postpartum soldiers in maintaining fitness throughout their pregnancy and to assist them in returning to prepregnancy fitness levels after pregnancy termination.

(10) Commanders will use FM 21–20, DA Pam 350–21, and DA Pam 350–22 when developing physical fitness training programs for soldiers. These publications provide excellent material to design and tailor programs for soldiers in all kinds of assignments.

(11) Master fitness trainers are soldiers who have completed an approved 2-week Active Army or RC Master Fitness Training Course or a special MFT program at the USMA and the USASMA. These soldiers have received intensive training in the scientific elements of physical fitness and will be used by commanders as special staff assistants to design and maintain individual and unit fitness programs. As resources and school seats allow, all units will have one Master fitness trainer per company.

b. Physical fitness testing gives soldiers an incentive to stay in good physical condition and allows commanders a means of assessing the fitness levels of their units. Accordingly, all Active Army and RC soldiers should be able to pass the APFT at any time.

(1) Physical fitness testing will not form the foundation of unit or individual fitness programs; it is simply one element of a total program. Fitness testing ensures the maintenance of a base level of physical fitness essential for every soldier in the Army, regardless of MOS or duty assignment. Unit programs must take this base level of conditioning and raise it to help meet or exceed mission-related physical performance tasks.

(2) Results of the APFT will be recorded on DA Form 705 (Physical Fitness Test Scorecard) which will be maintained for each soldier. This scorecard will be kept at a central location in the unit and will accompany the individual military personnel records jacket during PCS. Units, separate organizations, and offices will have a system to monitor performance of their soldiers.

(3) Individuals will be weighed when they take record APFTs or at least every 6 months in accordance with AR 600–9.

c. Commanders may establish incentives and unit physical fitness objectives related to their mission essential tasks.

(1) Soldiers who score 270 or above, with a minimum of 90 points per event on the APFT, and meet body composition standards will be awarded the Physical Fitness Badge for physical fitness excellence in accordance with AR 600–8–22. Soldiers are required to meet these criteria during each APFT for record to continue to wear the badge.

(2) Soldiers without medical profiles, who repeatedly fail the APFT, will be barred from re-enlistment or processed

for separation from the service. Provisions for separation are in AR 600–8–24 (for officers) or AR 635–200 (for enlisted soldiers) and counterpart ARNG and USAR regulations. A repetitive failure occurs when a soldier fails a record test, the soldier is provided adequate time and assistance to improve his or her performance, and failure occurs again. (See AR 635–100 for officers who have incurred a statutory active duty service obligation because of participation in an Army-sponsored educational or training program.)

d. The Army Sports Program should supplement physical fitness programs. Many sports can be used to promote unit esprit de corps, develop a competitive spirit, increase motivation for fitness development, improve physical fitness, and add variety to unit programs. Vigorous sports such as racket games, soccer, swimming, biking, cross-country skiing, and running enhance fitness. Competitive fitness activities are outlined in FM 21–20.

(1) Commanders may plan and conduct unit-level sports activities. Morale, welfare, and recreation organizations and personnel can provide assistance.

(2) Army physical fitness facilities (gymnasiums and swimming pools) may be used in unit training programs, to include the following:

- (a)* Weight training.
- (b)* Circuit training.
- (c)* Hand-to-hand combat.
- (d)* Swimming and drown-proofing.

(3) Commanders and supervisors should permit their personnel to take part in international competitive events. Participation should be used as a way to promote physical fitness at the highest level of competition. Two international competitive events related to military physical fitness are as follows:

(a) The Military Pentathlon (shooting, obstacle running, grenade throwing, utility swimming, and cross-country running).

(b) The Confederation of Inter-allied Reserve Officers (known by French acronym CIOR) military skills competition (orienteering, obstacle swimming, shooting, obstacle running, grenade throwing, map reading, and distance estimating).

e. When conducting physical fitness training in unit formations, the commander will prescribe a uniform proper to weather conditions and the type of activity. This can include appropriate components of the athletic ensemble (Common Table of Allowances (CTA) 50–900) when issued, or it can also include battle dress trousers with undershirt or utility shirt. Female soldiers will not be required to wear the undershirt as an outer garment nor will they be required to remove the utility shirt for physical training. Commanders may authorize the wear of individually purchased athletic clothing for unit sports activities or for physical training.

(1) Testing standards are designed for soldiers wearing running shoes. Accordingly, running shoes will be worn for physical fitness testing unless individual soldiers elect to wear combat boots.

(2) Commanders should advise soldiers on how to select suitable athletic or running shoes. However, they will not require the purchase of a particular color, brand, or style.

(3) The preferred footwear for running is the running shoe. However, some physical training in well-fitted and broken-in boots, to include limited running and rapid road marching, may be appropriate. Activities conducted in combat boots should progressively increase in duration allowing soldiers to adapt to performing in boots. Training in boots will prepare soldiers for running or forced-marches over rough terrain. Commanders must consider the experience of their soldiers and their unit missions when deciding on the footwear for fitness training.